

health hints



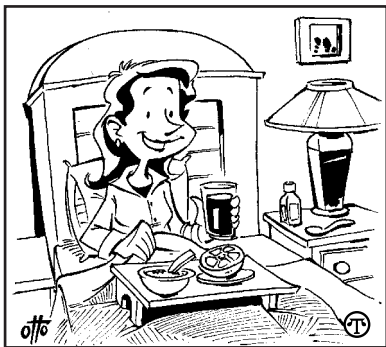
Feeding A Cold Without Gaining Weight

(NAPSA)—Most people suffer through colds for about 10 days. For many of us, it's a time when we also pack on the pounds—from the proverbial “feed a cold” to simply lounging around. So what can be done to stay fit when a cold virus strikes?

It's very important to eat a balanced diet when you are ill. Your body needs food for energy and protein to help repair the damage. However, that doesn't mean ordering in fast food or stocking up on convenience store sweets.

The following foods are not only good for you, but have been identified as containing substances that help to ward off infectious diseases, including the common cold: garlic and onions; citrus fruits, berries, tomatoes and peppers; any member of the cabbage family—broccoli, cauliflower, Brussels sprouts, etc.; and zinc-rich foods, such as wheat germ, whole grains, seafood and meat.

While you should be catching up on your ZZZ's when you are ill to allow your body to build up its defenses, that doesn't mean constant inactivity. There is evidence that moderate exercise can boost the immune system and help relieve congestion. So, hit the



With the right kind of care, it's possible to address a cold without gaining weight.

gym—just remember to listen to your body and do only as much as it seems to tolerate easily.

To relieve your symptoms, stick to sugar-free remedies. For a sore throat, gargle with warm salt water. For a stuffy nose, use a room vaporizer; eat hot, spicy foods; and eat or drink hot broth. To suppress your coughing, try a sugar-free, herbal-based cough syrup such as Buckley's Mixture (less than 2 calories per teaspoon). For fevers, drink as much water and juice as possible to counter the dehydration that causes much of the discomfort associated with fever.